



Course: American Red Cross Lifeguard Review

Instructor: Mercedes Miklya (772) 871-2183

You must e-mail MiklyaM@stlucieco.org to pre-enroll. You will not be allowed in the class if pre-enrollment has not been done.

Cost: \$80.00

This class is designed to maintain current American Red Cross Lifeguard certifications.

Certifications: Lifeguarding/First Aid /CPR-PR w/AED – valid 2 years

O2 Administration - valid 2 years

Length: 12 hours

Pre-requisites:

- **Minimum age 15 years, please bring ID for proof of age.**
- **Swim 300 yards continuously using each of the following strokes for at least 100 yards: crawl, breaststroke. The stroke(s) used for the remaining 100 yards are the participant's choice.**
- **Swim 20 yards, feet first surface dive in a minimum of 7 feet of water to retrieve a 10 pound object. Swim back 20 yards with the brick and jump onto the pool deck within a minute and forty seconds.**
- **Tread water for 2 minutes using only the legs**

Location:

Ravenswood Pool

400 Ravenswood Lane

Port St. Lucie, Fl. 34983

(772) 871-2183

Dates/Times:

Saturday, April 2, 2016 (9 a.m.-5 p.m.)

Sunday, April 3, 2016 (9 a.m.-5 p.m.)

Please bring your own pocket mask, whistle and bathing suit!

Minimum 6 participants ~ Maximum: 10 participants

Upon completion of pre-course payment in full is required.



St. Lucie County / American Red Cross

RAVENSWOOD POOL
400 Ravenswood Lane Port St. Lucie, FL 34983
(772) 871-2183

Participant's Name		Male / Female DOB
Mailing address		
Contact e-mail address		
Home Phone:		
Cell Phone		

Medical Condition / Special needs: NO Yes Please ask for an additional form to fill out.

Office use only: Scholarship \$ _____ Cash _____ Check _____
Visa/MC/Discover _____ Changes made this session: _____

American Red Cross Lifeguard Training with Oxygen (Review)
Ravenswood Pool

400 Ravenswood Lane, Port St. Lucie, FL 34983

April 2, 2016 (9:00 a.m.-5:00 p.m.)

April 3, 2016 (9:00 a.m.-5:00 p.m.)

You must have a current American Red Cross Lifeguard Certification or one that has expired less than 30 days to register for this class. This class is to renew your current certification only!

100% Attendance Is Required!

Price: \$80.00

Please plan on an additional 5-10 hours of study time at home.

Signature: _____

Date: _____

Pease contact Merceded Miklya via email at MiklyaM@stlucieco.org to register for the class. You must present your current or recently expired American Red Cross Certification prior to the first class.